



McClellan Air Force Base, Calif.

June 25, 1998 Vol. 39, No. 24

SPACEMAKER

SM-ALC vision statement: "Completing the mission of McClellan AFB with professionalism and honor"



At A
GLANCE

AAFES Holiday hours

Listed below are the hours of operation for the McClellan Exchange facilities for July 3rd and 4th.

July 3rd

Main Exchange	9 a.m.- 8 p.m.
Service Station	7 a.m. -8 p.m.
Burger King	8:30 a.m.-8 p.m.
Capehart	
Shoppette	7 a.m-8 p.m.
Class VI	10 a.m. - 5 p.m.
MCSS	9 a.m. - 5:30 p.m.
Anthony's Pizza	Closed
Robin Hood	Closed
Frank's Frank	Closed
Concessions	Regular hours

July 4th

Main Exchange	10 a.m.- 5 p.m.
Service Station	9 a.m. -4 p.m.
Burger King	8:30 a.m.-5 p.m.
Capehart	
Shoppette	8 a.m-8 p.m.
Class VI	10 a.m. - 5 p.m.
MCSS	Closed
Anthony's Pizza	Closed
Robin Hood	Closed
Frank's Frank	Closed
Concessions	Closed

New Hours for Commissary

Starting July 1, the McClellan Commissary will have new operating hours. The new hours seven days per week are 9 a.m. to 7 p.m.

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Spacemaker Notice

The *Spacemaker* will not be published July 2 due to the July 4 holiday. Publication will resume July 9.



Mariner rescued

Coast Guard Air Station Sacramento teams with Air National Guard

(Right) U. S. Coast Guard Air Station Sacramento's dropmasters, Aviation Electrician Mate 3rd Class Mike Burnett and Aviation Machinist Mate 1st Class Dan Lechner, prepare for California Air National Guard para-rescuemen to jump from a C-130 into the Pacific Ocean as part of the rescue of an Ecuadorian fisherman aboard the Roberto M (below) in international waters June 16.

Laura J. Williams
Staff Writer

In a daring rescue operation June 16, members of Coast Guard Air Station Sacramento at McClellan teamed with the Air National Guard from Moffet Naval Air Station to save the life of a seriously injured Ecuadorian seaman from a fishing boat 900 miles southwest of Cabo San Lucas.

Marco Benitez, 33, was working on the 216-foot Ecuadorian tuna boat, the Roberto M. At

about 9:30 a.m. on the 15th, his foot was partially amputated when it was crushed between the Roberto M and a barge used to manage the nets. The crew began first aid including applying a tourniquet. The bleeding continued despite their efforts.

It became obvious that Benitez needed to be evacuated to proper medical facilities in order to save his life. The Roberto M sent out a distress call at 10:30 p.m. and made contact with the Coast Guard. Two English speaking crewmen interpreted be-

tween Coast Guard doctors and first aid providers on the vessel. The Roberto M turned and headed north to get Benitez as close to help as possible.

The Coast Guard responded by dispatching a C-130 from McClellan Tuesday morning. The plane landed at Moffet Field Naval Air Station and loaded three Air National Guard para-rescue jumpers, from the 129th Rescue Wing. Continuing south, they located the Roberto M.

Wearing wet suits and fins under their gear belts and parachute harnesses, the PJs jumped into the

SEE RESCUE, PAGE 3



Photos courtesy of U.S. Coast Guard



Federal Employees' Retirement System begins open season

WASHINGTON (AFNS) — The Federal Employees' Retirement System Open Enrollment Act of 1997 has created a new open enrollment opportunity for eligible federal employees to change to FERS.

From July 1 through Dec. 31, employees currently under the Civil Service Retirement System, including CSRS offset, and certain employees covered under Social Security may change to FERS providing they were active federal employees on Jan.1.

While CSRS and FERS are both good retirement systems, they are different, and eligible employees shouldn't assume one is better than the other, according to officials at the Air Force Personnel Center.

"Changing systems is not the right decision for everyone, and employees should check out FERS thoroughly and carefully before selecting it as their new retirement plan," said Maria Molly, a PALACE Compass benefits counselor. "They also need to keep in mind this is a one-time opportunity. Once the change is effective, it's irrevocable."

Molly further explained the decision to select FERS or stay with CSRS is an individual choice and cited some of the personal factors employees should

consider before making a decision:

- Whether or not they're planning on retiring from the federal government;
- The age at which they can retire under CSRS vs. FERS;
- How their benefits will be computed if they transfer;
- Whether they plan on leaving a survivor benefit for their spouse;
- Whether they're eligible for Social Security; and whether they can maximize contributions under the Thrift Savings Plan.

The personnel center's benefits and entitlements service team has established a FERS open season World Wide Web site to help employees decide which retirement system is best for them.

Editors Note: Information about the open season is available through video tape. Question and answer sessions are on the Internet at the following web sites:

FERS election opportunities:

www.opm.gov/fers_election

Social Security Administration:

www.ssa.gov

Defense Civilian Personnel Management Service:

www.cpms.osd.mil

ACTION LINE

643-3344
Action Line
77 ABW/CC
5241 Arnold Ave.
McClellan AFB, CA 95652-1086
email: Actionline

Since I've been your wing commander, I've had much opportunity to hear from you on how we can make things better. This **Action Line** has been a key avenue and remains a good means to obtain feedback on how we're doing and how we can improve.

If you have or see a problem, try to work it through the responsible agency or activity first, since that will provide the most rapid resolution or action. If you still can't get the problem resolved, then try to work it through your chain of command. If the problem still exists after you've taken these two steps, then let me know so we can try to help.

In your request, please be brief, but include enough information to address the entire issue. Also, please let me know the specific action you want taken. I need your name, duty phone, and address so that we may send you a written response. I treat each call very seriously



Col. W.P. "Bear" Ard
77th Air Base Wing commander

and read each response. If I feel the issue is of interest to the entire McClellan community, we may also print it and the response in the **Spacemaker**.

Our overall goal is to better serve you. In this same vein, we also like to highlight those areas that provide high quality or exceptional support, so we can build upon and expand them. To do these things, I need your involvement.

I also welcome your input in other ways. On a quarterly basis, I hold Town Hall meetings with community members, and I regularly meet with various groups on base (the Chiefs, First Sergeants, etc.). Please plug into one of these avenues to get your voice heard. You have a say in how we serve you!

AAFES.....	920-0537
Civilian Pay.....	643-6725
Civil Engineering.....	643-5624
Civilian Personnel	643-2860
Commissary	643-4954
Crime Stop Hotline.....	643-6161
Dining Hall	643-5092
Family Support Center	643-1106
Focus Center #1	643-5661
Fraud, Waste & Abuse	643-6000
Housing	643-6221
Legal	643-3150

Lodging	643-6223
Medical	
.....McClellan Clinic--	643-8300
.....Mather Hospital---	643-7110
Military Pay.....	643-6965
Military Personnel	643-1094
Public Affairs	643-6127
Security Forces	643-6160
Services/MWR	643-6660
Social Actions	643-3322
Supply	643-5213
Uniform Questions	643-4051

SPACEMAKER

Air Force Vision

"Air Force people building the world's most respected air and space force ... global power and reach for America"

Air Force Materiel Command Vision

"Quality Systems for America's Air Force"

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Sacramento Air Logistics Center
Bldg. 200, Room 125
(916) 643-6100

<http://www.mcclellan.af.mil/PA/spc.htm>

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Maj. Robert J. Gonzales **Director, Public Affairs**
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Ester A. Stubbs **Editor**
Laura J. Williams **Staff Writer**

Youth Center age groups

Q Why did the Youth Center drop the program for children four years of age and younger? Is there any kind of Air Force regulation that justifies this action?

A While many Youth Center programs and classes are geared primarily for children aged eight and above, we still offer programs specifically tailored to accommodate children five years and under in our Child Development Center, our Part-day Preschool Program; and, to some extent, in our School Age Program. The criteria these programs must meet are set by the National Academy of Early Childhood Programs and the DoD Child Development Programs. This guidance expressly limits participation by these younger children to "those activities organized specifically for their age group, such as part-day preschool, classes, special events, and lessons."

We try to plan special events and activities developmentally appropriate for this age group. In a recent program review, we determined our gymnastics class did not fit the criteria for children younger than five years old, and had to discontinue participation for a few individuals. We

are, however, currently offering Pee Wee swimming lessons for 3-4 year old children, and soccer for children aged 4 ½ and older. To participate in one of these programs, children must be accompanied by a parent. For more information, please call one of our program directors at 643-6296.

Cafeteria Lids

Q I would like to know if it is possible for the cafeterias to provide better fitting lids for hot beverages. The lids that are available now are marked for soft drinks but are put out for hot drinks. Coffee spills can be dangerous.

A Thanks for bringing the cup lids problem to our attention. We looked at the lids and discovered that the hot and cold cup lid are so close to the same size that we also had a problem getting the right fit. It also doesn't help that we store them side by side.

We are resolving this problem by ordering lids for the 8 ounce and 12 ounce hot drink cups that are of a different texture and more pronounced in color. Hopefully this will resolve the problem. We'll also locate these lids separately from the cold drink lids (within limitations).

Don't be the next victim

Take the necessary steps to protect your personal property and keep your area crime-free

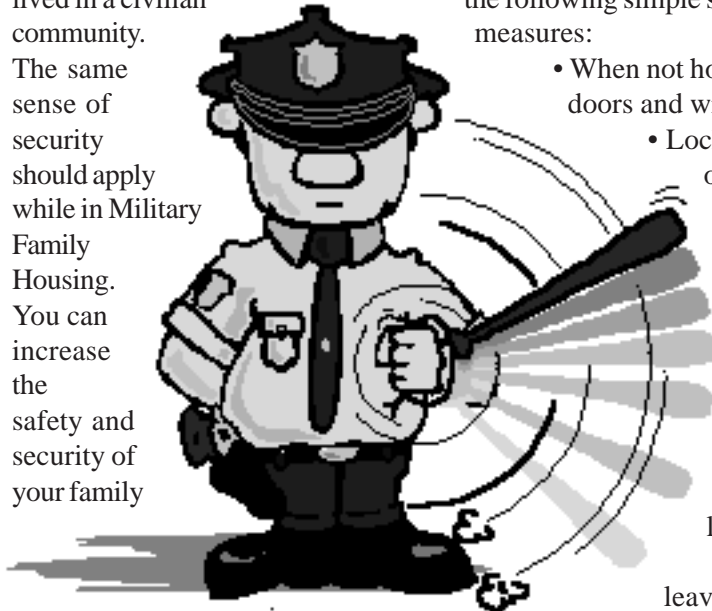
Courtesy of 77th Security Forces Squadron

Military Family Housing is not immune to theft, vandalism and other criminal activity. Areas, such as Capehart housing which is located off base, are prone to the same activities which occur in neighboring civilian communities.

The number of thefts of personal property in the housing area continues to rise. The problem will persist until residents secure their property. Most thefts in the housing area involve personal property left outside and unsecured. Chances are you would not leave your home or

your property unsecured if you lived in a civilian community.

The same sense of security should apply while in Military Family Housing. You can increase the safety and security of your family



and personal property by practicing the following simple security measures:

- When not home, lock all doors and windows.
- Lock gates to side or back yards.
- Lock storage areas.
- Use exterior lighting, such as porch or carport lights.
- Do not leave personal

property unattended or unlocked bicycles, automobiles etc.

- Engrave your property, record serial numbers (when possible) and take pictures of high value items.
- Be alert and report suspicious activities.
- Participate in an active Neighborhood Watch or Crime Watch program will also be effective in reducing criminal activity in your community.

For more information about these programs as well as crime prevention tips, please contact the 77th Security Forces Squadron, Crime Prevention Section, at 643-1073.

Taking care of each other in the months and years ahead

Greg Schellhase

Deputy Director, Space and C3I Directorate

Change used to come less frequently and I would meet individuals that had been in the same office for years and years. Some wanting to transfer found that it was difficult to move from office to office or shop to shop. Every few years were marked by a world flare up, whether it was called a "police action," civil unrest, or a special name like "Desert Storm" that indicated that the pace of change within the world or DoD would increase dramatically. The fall of the Berlin Wall and the breaking up of the Soviet Union brought about a new balance of power and significant changes in the Air Force, the DoD and around the world.

For many of us who came in during or following the Vietnam conflict, the Air Force became a career ... be it active duty, reserves, civil service or a combination of the above. But that was then and this is now. With the end of the cold war and while we are busy "reinventing government," change has become the norm. The Air Force of 660,000 people during the Vietnam era is almost inconceivable today. The target size for the Air Force is about half what it was. While we, at McClellan are living in the BRAC shock wave that cited two Air Force depots for closure, the new Air Force long-range plan has a new vision for depots, and the product centers. We are not alone, however, and big changes are occurring in almost every other federal agency.

Unanswered changes continue. What do we do in this situation? Today, we know a great deal more about the direction of our organizations than we did before. We may not be able to control the decisions being made, however, we have the opportunity to take the information we do have and given our years of service, age, our personal situation (including family and friends) and build a plan for each of the major "roads" we see ahead. When I hear, "Yeah, I know ... but will I get a job?" The answer is clearly "I don't know." So what is your "plan A" and your "plan B." Many of us, starting with SM-ALC Commander, Maj.Gen.Eugene L.Tattini, are making real efforts to provide stability and job opportunities in this chaotic environment. But everyone ... everyone, even those folks headed toward retirement, needs to



Greg Schellhase

plan for their life ahead. But as we make choices ... many not the choices we would have made two years ago, there is the satisfaction from moving ahead and making a decision, or where we can't, a plan for the choices.

While the above has outlined the need for our individual plans, there is another piece of BRAC survival. It is spelled we or us ... all of us. We are a community of individuals with different needs and different plans. We are facing new and different challenges. But as we share the common experiences of the BRAC closure it is important to remember to reach out to others, too! And we are really good at that, as many did during

the floods to help their neighbors or as many did to help their community during the Combined Federal Campaign. Then there are all the ministers, the coaches, den moms and troop dads, the volunteers in many organizations, etc. So let us take on the "reaching out" to make this closure a better trip. I don't know anyone who signed up for this trip ... but we are all on it.

A lot has happened at our base since the BRAC decision that fateful day, July 13, 1995. A base of 14,000 people then, is now a base of 10,000 people. The workload competition, which has been started, stopped, and started again, is on the road to completion. Move schedules have been developed for different organizations and the transfer of workloads has started. Four Focus Centers were established to help our folks prepare their Standard Form 171 or resumes and do job searches. Literally thousands of visits to those centers attest to the center's worth. SETA training has been initiated and over 751 people have received assistance through those training grants ... a combined effort of personnel, SETA staff, center management and the bargaining units. The housing assistance program will help those in the greater McClellan area if their property has lost value since the closure announcement. Countless job fairs from both the private sector and other government agencies have led to employment for many, while another 673 have been placed as a result of the Priority Placement Program. The Employee Assistance Program has been an outstanding asset to the base providing a very personal and confidential counseling service, to help our McClellan folks and their families cope with the closure stress and other personal needs.

In spite of the above successes, there has been and still is both stress and frustration. Extended closure over five years instead of two has meant that answers were not coming as soon as people wanted. People were both terrified by the possibility of losing their job quickly, but once they knew their job would last angry because they couldn't get on PPP immediately. Feelings of frustration were exhibited by angry outbursts, silence and depression, and as many other combinations of emotions as there are people. Even though we know more answers and dates, there are still questions.

For those of us that have been on organizations where suicides occurred or the recent tragic industrial death of one of our employees, we are haunted by the question "Is there anything else I could have done?" But perhaps the better question to ask (while you continue to make plans for yourself) is "What should we do to help each other?," as we go along this challenging and often trying road to closure. There is a good feeling from making someone else's day better. If there is tremendous sadness and helplessness when a suicide occurs, there is a great joy at having helped someone in need get the assistance, be it counseling, financial or other help needed to make their life better. Sometimes it is the simple act of listening. Sometimes, it is watching ... just noticing that a person appears or acts different and asking if they are okay ... or mentioning your concern to their friend or supervisor. Notice when someone seems distracted and about to do something unsafe - stop them! Pass a smile on! Laugh together!

No matter what, change is coming. The changes will continue and we will have to make and change our plans and probably change them again. But accept that change as the rule not the exception, then go on planning, asking for help when you need it (we all do) and then share a little with others. The sharing will be paid back many times over.

I look back with many fond memories of life here at McClellan that started here in 1967. But I look forward to moving on to whatever becomes my next career. So while I stay, until I can't, I look forward to working with the "McClellanites" until that day when all of us will move on the next road. So how 'bout a pledge: "To planning, to listening, to sharing, to caring." Are these trying times? You betcha, better with a friend than alone, better in a community of people taking care of each other than isolated individuals.

RESCUE

CONTINUES FROM PAGE 1

78-degree Pacific Ocean at 4:30 p.m. Three speed boats used to work the tuna nets quickly picked up the PJs and their gear. The PJs, one registered nurse and two emergency medical technicians, were aboard the tuna boat within 20 minutes and began

working to stabilize Benitez' condition.

"It was a textbook rescue," said Lt. Mike Van Voorhees, pilot of the C-130 that took the pararescuemen to the jump site above the Roberto M. "It took only twenty minutes from the time they jumped until they and their gear were all aboard the boat."

The Roberto M continued north while the

U.S. Coast Guard cutter, Mellon, diverted from a routine patrol and headed south to rendezvous.

When the Mellon and Roberto M were close, a helicopter was sent from the cutter to pick up the injured seaman and one PJ. They were airlifted to the closest landing site, a primitive 3,300-foot strip on Isla Socorro, 250 nautical miles off the Mexico coast.

A second C-130 dispatched from Air Station Sacramento landed at the small air strip. Accompanying the Coast Guard crew were Dr. (Col.) Jose B. Bueno, chief of flight medicine and Airman 1st Class Sabrina Amador, a medical technician with the 77th Medical Group.

Benitez and the PJ were then airlifted to San Diego, the closest city with the medical facilities and expertise to deal with his complex injury.

According to Bueno, Benitez will undergo multiple surgeries to save as much of his foot as possible, but he is recuperating well.

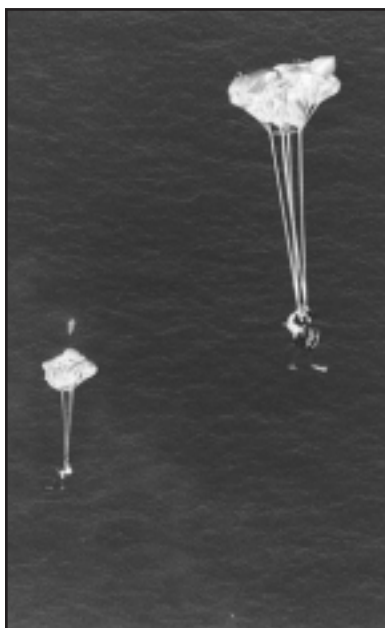


Photo courtesy of U. S. Coast Guard

California Air National Guard para-rescuemen from Moffet NAS jump to assist a crewman on board the Roberto M, an Ecuadorian tuna boat.

FOCUS Center

This section contains job announcements from the McClellan FOCUS Centers. For additional information, contact one of the FOCUS Centers: #1, 643-5661; #2, 643-0086; #3, 643-6808; #4, 643-6648.

Position: General Services Assistant, GS-303-05 Annc#: FWS-FWS1-98-256 Close: June 29 Agency: Fish and Wildlife Service Location: Sacramento, Calif. POC: Personnel Office (503) 231-2018 Remarks: Review vacancy announcement and call Agency for forms and/or KSAs.	Agency: U.S. Air Force Location: Travis AFB, Calif. POC: Debi Berry (703) 696-8233 Remarks: Review vacancy announcement and call Agency for forms and/or KSAs.
Position: Secretary Office Automation, GS-318-08/09 Annc#: FWS1-98-257 Close: July 6 Agency: Fish and Wildlife Service Location: Sacramento, Calif. POC: Personnel Office (503) 231-2018 Remarks: Review vacancy announcement and call Agency for forms and/or KSAs.	Position: Engineering Technician, GS-802-07/08/09 Annc#: ARS-S8W-0211 Close: July 6 Agency: Dept of Agriculture Location: Fresno, Calif. POC: Denice Chamers (209) 453-3005 Remarks: Review vacancy announcement and call Agency for forms and/or KSAs.
Position: Auditor, GS-511-05/11 Annc#: AFAA 98-046 Close: July 6	Position: Supervisory Contract Specialist, GS-1102-13 Annc#: MP-98-104 Close: July 2 Agency: Bureau of Reclamation Location: Sacramento, Calif. POC: Personnel Office (916) 978-5471

Hill conducts prospect search

Hill Air Force Base Civilian Personnel Specialists, Depot Bid Team and Sub-contractor representatives will hold a job scout at McClellan's NCO Club, June 30, from 1 - 6 p.m.

The representatives will be here to answer questions and accept letters of intent from personnel who may be interested in relocating to Hill if the contract is awarded there.

The representatives would also like to speak with individuals who desire to work on the workload prior to its relocation if needed, but who do not desire to move to Utah.

All McClellan employees are invited to attend. Personnel who are on temporary or term appointments are also welcome to attend and address questions and concerns to the representatives.

Quality step increase recognizes exceptional civilian employees

The Quality Step Increase (QSI) award is presented to employees who have exceeded all their performance standards for the past performance rating period. At McClellan, 59 civilian employees were selected for QSI honors.

To qualify for the award, employees are judged on the following criteria:

- Only General Schedule employees are eligible.
- A QSI must be based on the highest quality performance a supervisor may certify.
- That same high quality performance is expected to continue for at least 60 days in the same or similar position.
- Recommendations for QSIs must be submitted at the time of the annual performance rating.
- Winners of the award have received a "superior" rating on their annual appraisal.
- Quality Step Increases were granted across the base at the following grade levels:
GS-05 = 2; GS-06 = 3; GS-07 = 1; GS-09 = 7; GS-11 = 15; GS-12 = 14; GS-13 = 9; GS-14 = 2; GS-15 = 6.
- For further information, please contact Troy Simester at 643-3906.

FY-99 RIF Schedule

June 1-30: VSIP/VERA Application
July 15: Submit All Abolish/Vacancy SF 52s
Sept. 1-30: Initial VERA/VSIP Offers
Oct. 1-Nov. 30: Mock Reduction In Force
Oct 1-Sept. 17, 1999: Flexible VSIP/VERA Separations
Dec. 18: Freeze Positions
May 25, 1999: Issue RIF Letters
Sept. 30, 1999: RIF Separations

JOB FAIRS

Boeing construction trade opportunities

Boeing North American Services, Inc., is currently recruiting for 60 full-time positions in the following trades:

- | | |
|----------------------------|--------------------------------|
| - Electrical | - Airfield Lighting |
| - Plumbing/Pipefitting | - HVAC |
| - Carpentry | - Welding/Sheet metal |
| - Fire Suppression | - Boiler Plant Operations |
| - Fire and Security Alarms | - Generator Systems Operations |

To qualify, you must have a minimum of five years experience in one of the above trades. An associate's degree (ASEE, ASET, or ASME) is desirable, but not required.

In addition to the positions listed above, BNASI has openings in Supply; Airfield Navigational Aids; Weather Equipment Maintenance and Repair; and Civil Engineering Control Center Operations.

These jobs will be filled between August 1 and September 30. To apply, mail or fax your resume indicating the area of interest to:

BNASI
Human Resources Department #100
5112 Arnold Ave., Bldg. 21, Suite 3
McClellan AFB, CA 95652-1314
FAX (916) 779-5031
Job Line (916) 779-5050

An Equal Opportunity Employer Supporting Diversity in the Workplace

Department of Human Affairs

Assistance Job Fair

June 25, 9 a.m. - 3 p.m. at 7927 Auburn Blvd. in the Grand Oaks Shopping Center parking lot. Bring a photo identification, Social Security Card, work history and a

resume. For more information, call 962-7618.

KCRA Job Fair

June 27, 11 a.m. - 4 p.m. at Memorial Auditorium at the corner of 16 and J streets. For more information, call 925-0800.



TRICARE

Golden Gate-Hawaii-Southern California

McClellan AFB - 77th Medical Group

Getting your healthcare until closure

July 1998

MCCLELLAN

McClellan Clinic appointments will be available only to active duty personnel and all members of TRICARE Prime.

MATHER

Mather Hospital transfers ownership to the Department of Veterans Affairs.

The 77th Medical Group will still occupy part of Mather Hospital as a transition clinic for all non-Prime appointments until October 1999.

The purpose of this clinic is to familiarize you with all your healthcare options and help you transition to the plan that's best for you.

The clinic will see those not enrolled in TRICARE Prime as well as Medicare eligible beneficiaries.

October 1999

MCCLELLAN

McClellan Clinic will offer primary care only to active duty personnel and their family members.

All TRICARE Prime retirees and their family members need to enroll with a civilian network Primary Care doctor by Oct. 1, 1999 (TRICARE will notify you prior to this date).

The McClellan pharmacy remains open for everyone until base closure.

MATHER

The Air Force's transition clinic at Mather Hospital closes.

July 2001

McClellan Clinic officially closes July 1, 2001.

Questions? Call 643-8536

After base closure, your pharmacy benefits will continue through any Military Treatment Facility pharmacy, a network pharmacy, or the National Mail Order Pharmacy. For additional information on the TRICARE program, please call 1-800-242-6788.

VA Clinic moves to Mather

Effective June 26, the Department of Veterans Affairs Outpatient Clinic at 4600 Broadway is permanently moving to the former Air Force Hospital at 10535 Hospital Way, Mather Field, Calif.

Patients with medical appointments should report to the Mather facility beginning June 29.

The VA Dental Clinic will remain at the Broadway location until July 31.

Shuttle bus service will be available between the Broadway clinic and the Mather facility until July 31 with regular stops at the Butterfield Lite Rail Station and the bus stop at Mather Field Road and Rockingham Drive.

For more information, call 366-5470 or 731-7360.

A ceremony commemorating the transfer of the hospital to the Department of Veterans Affairs will be held June 30, 10 a.m., McClellan Hospital, flag pole, Mather Field.

A reception will be held immediately following the ceremony in the hospital main lobby.

Medical Group conducts TRICARE walk around

Members of the 77th Medical Group and Air Base Wing will be conducting a walk around through base housing Saturday from 10 a.m. to noon. The purpose of the visit will be to inform the residents of their healthcare choices. Enrollment forms will be on hand for those who would like to enroll in TRICARE Prime.

In addition, they will be distributing self-care booklets and flyers explaining the Medical group downsizing, answering healthcare questions, and conducting a survey.

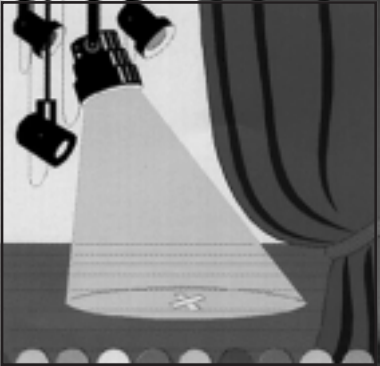
Career: It's not a dress rehearsal, even the longest running show closes

Courtesy of Debra Schwartz
Installation Bonds Project Officer

Just starting out? You're cast in the starring role for your career. When the curtain goes up on opening night, the last thing you think about is your last curtain call. But, careers like shows come to a close. You've got to think about your retirement role now. The time to lay the foundation for your retirement is when you're young.

More than 40,000 employers offer savings bonds through payroll savings plans. Payroll savings makes it easy since a little money is put away each pay period before you see it. Bonds can be purchased through payroll savings in denominations of \$100, \$200, \$500, and \$1,000. Each costs one-half that amount.

Series EE bonds purchased after May 1, 1997, earn 90 percent of the average yield of five-year Treasury securities over the preceding six months. Interest accrues monthly and is compounded semi-annually. To encourage longer term savings, there



is a three-month interest penalty if you cash a bond before five years. Bonds purchased today will earn interest for 30 years.

Savings bonds are backed by the full faith and credit of the United States. In addition, they may be replaced if lost or stolen or destroyed. Savings bonds are free from state and local income tax, and federal income tax can be deferred until bonds are redeemed or reach final maturity, whichever happens first. If exchanged for Series HH bonds within at least one year of final maturity, tax on the Series EE bonds can be deferred an additional 20 years, the life of a Series HH bond.

Many individuals, as they near retirement, choose to exchange some or all of their Series EE for Series HH bonds. Series EE bonds are eligible for exchange beginning six months from the date of issuance until one year after final maturity. Series HH savings bonds come in denominations from \$500 to \$10,000, and they can be obtained only in exchange for Series E or EE bonds and Savings Notes. They allow you to continue to defer paying federal income tax on your Series E or EE bond interest throughout Series HH bonds' lifetime of 20 years. They also provide you with extra income because they pay interest semiannually (which is subject to annual federal income tax). Series HH bonds issued on or after March 1, 1993, earn interest at a four percent annual rate.

Start regular savings bonds purchases now, and when you reach retirement you'll find that you have a substantial nest egg of money ready to work for you. You'll congratulate yourself on wise decisions made in your youth.



Training



IRA Peer and GRIPS Support

All Information and Referral Agent Peer Supporter Program and Government Response in Peer Supporter folks are invited to attend update training June 30 in the Chapel Annex, from 9 a.m.-noon. Presentations by professional care givers that will address the latest innovations in the field of human care services. Reservations are required. Please contact the Family Support Center at 643-1106.



Social



Picnic

The Camellia City Chapter 1322/A1322 of the Air Force Sergeants Association will sponsor a fun and game picnic for everyone July 4, at the McClellan Freedom Park, from 11 a.m. - 4 p.m. Admission \$3 per person and children aged 11 and under are free.

For more information, call Master Sgt. Larry Williams at 643-2947, Joanne Theis at 344-3861, Nancy Wheeler at 332-4855, or Anita Puckett at 349-2602.

NCOA Bazaar Saturday

The *Spirit of Sacramento* NCOA Auxiliary is hosting their second annual bazaar to raise funds for the Disaster Relief Fund and other base and community activities. Items for sale will include clothing, shoes, games, exercise equipment, furniture, appliances, nicknacks, dishes, tools, etc. The bazaar will be held Saturday from 8 a.m. to 4 p.m. at the North Highlands Community Center parking lot, 6040 Watt Avenue, North Highlands.

Donations will be accepted until Friday. Please contact Tammy Sullivan at 568-4123 or Delia Dallas at 338-7057 to make arrangements for pick-up or drop-off. All donations are greatly appreciated.



Employee Services



FERS transfer video

The Federal Employees Retirement Systems Transfer Open Season video showing is canceled for July 3 due to the federal holiday. If you want more information, call Betty Faciane at 643-5702.

New transportation hours

Effective July 1, the 77th Air Base Wing, Vehicle Operations Flight, Dispatch Operations Section hours of operation will be Monday through Friday, 6:30 a.m. - 5 p.m. This change is due to the elimination of the McClellan - Mather Hospital shuttle service, and reduced air operations.

Requests for after hours support must be coordinated in advance with the Vehicle Dispatcher, at 643-2717. For further information, call Ronald Wilkinson, at 643-6715.



Events



ALS Graduation

Class 98E of the Airman Leadership School will graduate tomorrow. The graduation will be held at 2:30 p.m. at the NCO Club. Duty uniform is appropriate. Contact Staff Sgt. Brian West for further information at 643-5879.

Distinguished Army Veteran to speak

Colonel Lewis Millet, a highly decorated veteran of the United States Army, will be speaking at the Trinity Life Center, Sunday at 9 a.m. and 10:30 a.m.

Millet, winner of the Congressional Medal of Honor, the Distinguished Service Cross, and four Silver Stars is a veteran of three wars and is widely regarded as one of the most colorful speakers in the country.

The Trinity Life Center is located at 5225 Hillsdale Blvd. Call 348-4673 for more information.



F.Y.I.



Pass and ID Saturday service

The Pass and ID Section will be open the last Saturday of each month for issue and reissue of ID cards. Hours are 9 a.m. - 1:30 p.m. For more information call 643-6274.

Local purchase liquidation

By direct order from HQ AFMC, effective immediately the Standard Base Supply will no longer order Local Purchase items. Those items that have been obtained through the Local Purchase processes will have to be purchased on the International Merchant Purchase Authorization Card.

For a list of items that are on-hand and can be purchased through Base Supply's Demand Processing Element, call 643-4805. When the assets have been exhausted, they will not be restocked. You can access the Local Purchase liquidation list on the World Wide Web at <http://www.mcclellan.af.mil/lg/lgo>. Links to the web site can be found on the McClellan home page and the 77th ABW home page. Point of contact is June Mendez, 643-4470; Ray Collingsworth, 643-4470; or Gerald Parrish, 643-4580.

Wellness Van

The McClellan Wellness Van will visit Capehart housing area, in the Youth Center parking lot, Friday from 9 a.m. - 2 p.m., to conduct cholesterol and blood pressure screenings and health risk appraisals. All military family members are invited. Wellness Center staff will be on site to discuss services available at the center. For more information, call 643-4648 or 643-2260.

Leave donations needed

Gayle Camp, a management assistant in Financial Management Directorate, is in need of donated annual leave. If you can spare an hour, day or week of annual leave to give to her under the provisions of the Leave Transfer Program, please contact the Employee Relations Specialist who services your organization for the necessary forms.



JUNE 26-28

Black Dog - Friday

Patrick Swayze, Randy Travis - Jack crews, a troubled but kind hearted ex con, is a professional trucker who breaks parole when he is set up by the mob to drive a truck carrying illegal weapons from Atlanta to New Jersey. Chased by FBI agents and double crossed by the mob, he is forced to dodge one deadly obstacle after another. PG-13 (intense scenes of action violence, language). 88 minutes.

The Big Hit - Saturday

Mark Wahlberg, Lou Diamond Phillips - Four foolish guns for hire kidnap their employer's beautiful god-daughter, a Japanese heiress with connections to the mob. They soon find they have committed one crime too many. The hit is now out on them. R (violence, pervasive language, some sexuality). 93 minutes.

U. S. Marshals - Sunday

Tommy Lee Jones, Wesley Snipes - Tommy Lee Jones returns to his "Fugitive" role as relentless U.S. Marshal Samuel Gerard. The fugitive in this action suspense thriller is Wesley Snipes, a secret government operative falsely accused of two murders. PG-13 (some scenes of violence and brief language). 125 minutes.

JULY 3-5

He Got Game - Friday

Denzel Washington, Ray Allen - A prisoner, finds himself temporarily paroled, with the promise of a commuted sentence, if he can persuade his estranged son, the #1 high school basketball player in America to sign with the Governor's college alma mater. R (pervasive language, strong sexuality, some drug content, violence). 137 minutes.

Godzilla - Saturday, Sunday

Hank Azaria, Matthew Broderick - The Pacific Ocean churns. Giant footsteps plow an ominous path through miles of Panamanian forests and beaches. Ships off the U.S. coast capsize. This mysterious destruction is heading toward Manhattan. Godzilla descends upon New York City, causing complete chaos. PG-13 (Science fiction monster action and violence). 118 minutes.

All movies start at 7 p.m.

Youth Center

Today: Open recreation, 2 - 7:30 p.m.; open gym, 2 - 3 p.m. and 4 - 7:30 p.m.; snack bar 2 - 6 p.m.; advanced gymnastics, 3 - 4 p.m.

Friday: Open recreation, 2 - 6:30 p.m.; open gym, 2 - 6:30 p.m.; snack bar, 2 - 6:30 p.m.; Teen Skate Night, grades 7-12, 8 - 10 p.m., \$2.75 per member, \$3.75 per guest, maximum 60 teens.

Saturday: Open recreation, noon - 7 p.m.; open gym, noon - 7 p.m.; snack bar, noon - 7 p.m.; piano lessons, noon - 3 p.m.. Pre-teen Night, grades 4 - 6, 7 - 9 p.m.; free.

Sunday: Closed

Monday: Open recreation, 2 - 7:30 p.m.; open gym, 2 - 6 p.m.; snack bar, 2 - 6 p.m.; children's martial arts, 6 - 7:30 p.m.

Tuesday: Open recreation, 2 - 7:30 p.m.; open gym, 4:15 - 7:30 p.m.; snack bar, 2 - 6 p.m.; beginning gymnastics, 2:15 - 3:15 p.m., and 3:15 - 4:15 p.m.

Wednesday: Open recreation, 2 - 7:30 p.m.; open gym, 2 - 7:30 p.m.; snack bar, 2 - 6 p.m. Couples Communication Class, 6:30 - 7:30 p.m. To sign up, call Family Advocacy at 643-1518.

Cycle ergometry -- don't sweat it

Airman 1st Class Tiffany A. Lewis

93rd Air Control Wing Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFNS) — Beads of sweat, a rapid heartbeat, and tense muscles: these are some symptoms many military members experience while they sit nervously in the waiting area of the cycle ergometry testing center.

The Air Force's required ergometry test helps estimate an individual's aerobic fitness level and ability to perform all activities required of them in the performance of their duties.

Recently, the test was revised by the Air Force Fitness Program Office for use at almost every Air Force installation, according to Roger Braner, 93rd Air Control Wing exercise physiologist and installation fitness program manager.

"The test is exactly the same as before for the most part," Braner said. "The biggest change is in the formula which determines the person's oxygen intake while testing."

At the University of Florida, in Tallahassee, research on the 'bike test' proved that the results of each

person's test were being underestimated. Ninety-seven percent of members who tested passed regardless of their average fitness

levels. According to Braner, the revisions will cause test scores to be about 17 percent lower this year than they were last year.

Dave Holes, exercise physiologist with the 77th Medical Group said for the most part, people fail for two reasons: either they are completely inactive or the intensity of their workouts is just too low.

"Some people just don't understand the intensity of exercise," said Holes. Just moving your body is not necessarily good enough."

For the 20 percent of members who fail, they are required to test again the following week. The second test is the same as the first — an eight-to-14 minute bike test. The test includes a two-minute warm-up; a three-to-four-minute workload determined by age, weight, gender, and exercise history; and the final few minutes at an increased workload based on the person's heart rate.

Braner offers some tips to help pass the test: maintain a calm state of mind and body;



U.S. Air Force Photo by 1st Lt. John S. Hutcheson
Dave Holes, exercise physiologist with the 77th Medical Group, demonstrates the cycle ergometry test at Rafferty Hall.

avoid any stimulation that could raise your heart rate; maintain or moderate your normal lifestyle up to one hour prior to the test. He also recommends avoiding alcohol the night before as well as eating too much.

Holes suggested limiting caffeine, tobacco, and other stimulants that could affect your heart rate and skew the test results.

While people prepare themselves physically for the test, they also must keep in mind that the cycle ergometry program is there to help Air Force members, not hurt them.

"This is not a punitive program," said Holes. The whole goal is to increase fitness and help people adopt a healthy lifestyle."

The Air Force Fitness Program Office isn't finished revising the fitness test just yet. By 2000, Air Force people will take strength and flexibility tests in addition to cycle ergometry. This includes push-ups, leg presses, and sit-ups, Braner said.

(Courtesy of Air Combat Command News Service; 1st Lt John S. Hutcheson, SM-ALC Public Affairs, also contributed to this report)

New commander at 938th EIS



U.S. Air Force Photo by Larry Reed

Master Sgt. Larry K. Fergerson, 938th Engineering Installation Squadron's First Sergeant watches as Col. Sue Ann Olsavicky, commander of the 38th Engineering Installation Group, passes the squadron guidon and symbolically, the mantle of the 938th Engineering Installation Squadron's command to Lt. Col. Bret Wilson. The ceremony took place on June 17 in the pole yard across from Bldg. 686.



Class schedule for July

To register for classes, call 643-1106.

Deployment Support Group

July 1, 6 - 8 p.m.

Family Support Center

Job Search

July 7, 8 a.m. - noon

Bldg. 338, Room 5

Smooth Move

July 8, 8 - 11 a.m.

Chapel Annex

4 Day Transition Assistance Program Seminar

July 13-16, 8 a.m. - 3:30 p.m.

Family Support Center

Application Class

July 14, 8 a.m. - noon

Bldg. 338, Room 5

Sponsorship Training

July 16, 9 - 11 a.m.

Family Support Center

Stress Management

July 16, 11:30 a.m. - 12:30 p.m.

Base Library

Surviving Financial Transition

July 2, 8 a.m. - noon

Bldg. 338 Room

Kids on the Move

July 27, 4 - 5:30 p.m.

Family Support Center

Marketing Yourself

July 28, 8 a.m. - noon

Bldg. 338, Room 5

DDMC welcomes new commander



During a change of command ceremony June 22 in front of Bldg. 783A, Army Brig. Gen. Kenneth L. Privratsky, Defense Distribution Depot Center commander, passes the flag to Army Lt. Col. Kevin D. Thomas, incoming Defense Distribution Depot McClellan commander, as outgoing DDMC commander, Army Lt. Col. Morris E. McCoskey, looks on.

U.S. Air Force Photo by Mike Dial

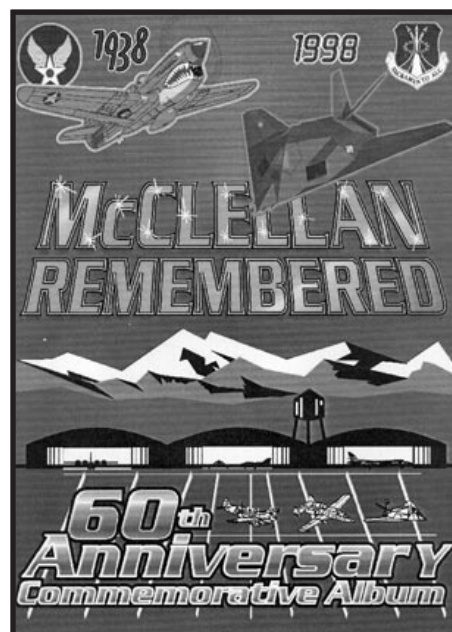
Changing of the Guard

Tech. Sgt. George S. Arhelger, outgoing Honor Guard NCOIC looks on as Col. Mike Iltis 77th Support Group Commander, passes the rifle to Staff Sgt. Tina D. Black, signifying a changing of the guard within the base Honor Guard June 17.



Photo by retired Chief Master Sgt. Jim Kearns

LAST DAY TO ORDER – JUNE 30!



The McClellan Commemorative Album is available only through June 30. It is currently in layout and will be sent to the publisher in early July. Deliveries should begin before the end of August. Costs: \$48 each standard album; \$78 each deluxe album.

ORDER FORMS AVAILABLE AT FOCUS CENTER BLDG. 9

and through all unit public affairs representatives.

Direct questions to MCAalbum@aol.com or call (916) 485-0724.